


# September 2015 Activity Calendar

## SENIOR CENTER AT CASCADES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 10:00 <b>Rejuvenating Exercise</b> 10:00 Open Painting 10:00 Creative Water Colors 10:00 Conversational Spanish 10:30 CAFÉ Bingo 11:00 Beginner's Tai-Chi 11:00 Blood Pressure Check 1:00 Canasta / Poker 1:00 Camera Club 1:00 High Intermediate Line Dancing 5:00 Teen Tech Tuesday 6:30 <b>The Zen of Coloring</b>	<b>2</b> 9:00 Aerobics 9:30 Pickle Ball 10:00 <b>Safe Driver Class</b> 10:00 O'Heck 10:00 Aerobics 10:30 Beginner Line Dancing 11:00 One-on-One Support 11:00 Ballroom Dancing 11:00 Blood Pressure Check 12:30 Trip to Store 1:00 Party Bridge 1:00 <b>Beginner/Interm. Line Dancing</b> 1:00 <b>Bunco</b> 1:30 Current Events Discussion	<b>3</b> 10:00 <b>Rejuvenating Exer.</b> 9:15 <b>Intem. Spanish I</b> 10:00 Intro to Line Dancing 10:30 <b>E-COMMENT</b> 10:30 Bingo 10:45 <b>Spanish for Beg. I</b> 11:00 Blood Pressure Check 1:00 Duplicate Bridge 1:00 Poker 1:00 High Intermediate Line Dancing 2:00 Tea Time	<b>4</b> 9:00 Aerobics 10:00 Aerobics 10:00 <b>Safe Driver Class</b> 10:00 Knit & Crocheting 10:15 Canasta 11:00 Blood Pressure Check 11:00 Tai Chi w/Mabel & Marlene 1:00 Party Bridge 1:00 Intermediate Line Dancing 1:15 Beginner Plus Line Dancing 1:30 Bingo 2:00 Hearing Loss Support Group
<b>7</b> <div style="text-align: center;"> <b>The Senior Center is CLOSED for Labor Day</b> </div>	<b>8</b> 9:00 <b>INOVA Health Van</b> 10:00 <b>Rejuvenating Exercise</b> 10:00 Open Painting 10:00 Creative Water Colors 10:00 Conversational Spanish 10:00 Mind Flow 10:30 <b>Ceramics Class</b> 10:30 CAFÉ Bingo 11:00 Beginner's Tai-Chi 11:00 Blood Pressure Check 1:00 Canasta / Poker 1:00 High Intermediate Line Dancing 5:00 Teen Tech Tuesday 5:30 <b>Potluck Bingo</b> 6:00 <b>Man to Man Support grp</b> 6:30 <b>"Thinking of Moving/ Downsizing?"</b> 6:30 <b>The Zen of Coloring</b>	<b>9</b> 9:00 Aerobics 9:30 Pickle Ball 10:00 O'Heck 10:00 Aerobics 10:30 Beginner Line Dancing 10:30 <b>Ceramics Class</b> 11:00 Ballroom Dancing 11:00 Blood Pressure Check 12:30 Trip to Store 12:45 <b>Minute To Win It!</b> 1:00 Party Bridge 1:00 <b>Beginner/Interm. Line Dancing</b> 1:30 Current Events Discussion	<b>10</b> 9:15 <b>Intem. Spanish I</b> 10:00 <b>Rejuvenating Exer.</b> 10:00 Intro to Line Dancing 10:30 <b>E-COMMENT</b> 10:45 <b>Spanish for Beg. I</b> 10:30 Bingo 11:00 <b>Zumba Gold</b> 11:00 Blood Pressure Check 1:00 Duplicate Bridge 1:00 Poker 1:00 High Intermediate Line Dancing 2:00 Tea Time	<b>11</b> 9:00 Aerobics 10:00 Aerobics 10:00 Knit & Crocheting 10:15 Canasta 10:30 Indian Cultural Group 11:00 Blood Pressure Check 11:00 Tai Chi w/Mabel & Marlene 1:00 Party Bridge 1:00 Intermediate Line Dancing 1:15 Beginner Plus Line Dancing 1:30 Bingo
<b>14</b> 9:00 Aerobics 10:00 Aerobics 10:00 <b>Mimi's Haircuts</b> 10:30 Bingo 11:00 Duplicate Bridge 11:00 Blood Pressure Check 1:00 Intermediate Line Dancing 1:00 Greeting Card Workshop 1:30 Crochet Activity	<b>15</b> 10:00 <b>Rejuvenating Exercise</b> 10:00 Open Painting 10:00 Creative Water Colors 10:00 Conversational Spanish 10:30 CAFÉ Bingo 11:00 Beginner's Tai-Chi 11:00 Blood Pressure Check 12:00 Book Club 1:00 Canasta / Poker 1:00 High Intermediate Line Dancing 1:30 Writing Group 5:00 Teen Tech Tuesday 6:30 <b>"Thinking of Moving/ Downsizing?"</b> 6:30 <b>The Zen of Coloring</b>	<b>16</b> 9:00 Aerobics 9:30 Pickle Ball 10:00 O'Heck 10:00 Aerobics 10:00 <b>Curio Cabinet</b> 10:30 <b>"Clear Caption"</b> 10:30 Beginner Line Dancing 11:00 Ballroom Dancing 11:00 One-on-One Support 11:00 Blood Pressure Check 12:30 Trip to Store 1:00 Party Bridge 1:00 <b>Beginner/Interm. Line Dancing</b> 1:30 Writing Group 1:30 Current Events Discussion 1:30 <b>Movie Day: "Selma"</b>	<b>17</b> 9:15 <b>Intem. Spanish I</b> 10:00 <b>Rejuvenating Exer.</b> 10:00 Intro to Line Dancing 10:00 <b>Hearing Loss Assistance</b> 10:30 <b>E-COMMENT</b> 10:30 Bingo 10:45 <b>Spanish for Beg. I</b> 11:00 <b>Zumba Gold</b> 11:00 Blood Pressure Check 1:00 Duplicate Bridge 1:00 Poker 1:00 High Intermediate Line Dancing 2:00 Tea Time	<b>18</b> 9:00 Aerobics 10:00 Aerobics 10:00 Knit & Crocheting 10:15 Canasta 11:00 Blood Pressure Check 11:00 Tai Chi w/Mabel & Marlene 1:00 Party Bridge 1:00 Intermediate Line Dancing 1:15 Beginner Plus Line Dancing 1:30 Bingo

# August 2015 Activity Calendar

## SENIOR CENTER AT CASCADES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>21</b> 9:00 Aerobics 10:00 Aerobics <b>10:00 Italian Activity</b> 10:30 Bingo 11:00 Duplicate Bridge 11:00 Blood Pressure Check 1:00 Intermediate Line Dancing 1:00 Greeting Card Workshop 1:30 Crochet Activity	<b>22</b> <b>9:00 INOVA Health Van</b> <b>10:00 Rejuvenating Exercise</b> 10:00 Open Painting 10:00 Creative Water Colors 10:00 Conversational Spanish 10:30 CAFÉ Bingo 11:00 Beginner's Tai-Chi 11:00 Blood Pressure Check 1:00 Canasta / Poker 1:00 High Intermediate Line Dancing 5:00 Teen Tech Tuesday <b>6:30 "Thinking of Moving/ Downsizing?"</b> <b>6:30 The Zen of Coloring</b>	<b>23</b> 9:00 Aerobics 9:30 Pickle Ball 10:00 O'Heck 10:00 Aerobics 10:30 Beginner Line Dancing <b>11:00 JEOPARDY</b> 11:00 Ballroom Dancing 11:00 Blood Pressure Check 12:30 Trip to Store 1:00 Party Bridge <b>1:00 Beginner/Interm. Line Dancing</b> 1:30 Current Events Discussion	<b>24</b> <b>9:15 Intem. Spanish I</b> <b>10:00 Rejuvenating Exer.</b> 10:00 Intro to Line Dancing <b>10:30 E-COMMENT</b> <b>10:45 Spanish for Beg. I</b> 10:30 Bingo 11:00 Blood Pressure Check <b>11:00 Zumba Gold</b> 1:00 Duplicate Bridge 1:00 Poker 1:00 High Intermediate Line Dancing 2:00 Tea Time	<b>25</b> 9:00 Aerobics 10:00 Aerobics 10:00 Knit & Crocheting 10:15 Canasta 11:00 Blood Pressure Check 11:00 Tai Chi w/ Mabel & Marlene <b>12:00 Birthday Luncheon</b> 1:00 Party Bridge 1:00 Intermediate Line Dancing 1:15 Beginner Plus Line Dancing 1:30 Bingo
<b>28</b> 9:00 Aerobics 10:00 Aerobics <b>10:00 Italian Activity</b> 10:30 Bingo 11:00 Duplicate Bridge 11:00 Blood Pressure Check 1:00 Intermediate Line Dancing 1:00 Greeting Card Workshop <b>1:00 Advanced Spanish I</b> 1:30 Crochet Activity	<b>29</b> <b>10:00 Rejuvenating Exercise</b> 10:00 Open Painting 10:00 Creative Water Colors 10:00 Conversational Spanish 10:30 CAFÉ Bingo 11:00 Beginner's Tai-Chi 11:00 Blood Pressure Check 1:00 Canasta / Poker 1:00 High Intermediate Line Dancing 5:00 Teen Tech Tuesday <b>5:00 Classic Movie Night: "It's a Mad, Mad, Mad, Mad World"</b> <b>6:30 "Thinking of Moving/ Downsizing?"</b> <b>6:30 The Zen of Coloring</b>	<b>30</b> 9:00 Aerobics 9:30 Pickle Ball 10:00 O'Heck 10:00 Aerobics 10:30 Beginner Line Dancing <b>10:30 CDSMP</b> 11:00 Ballroom Dancing 11:00 Blood Pressure Check 12:30 Trip to Store 1:00 Party Bridge <b>1:00 Beginner/Interm. Line Dancing</b> <b>1:30 FSCC Meeting</b> 1:30 Current Events Discussion <b>2:00 "Tacky" Party!</b>	<div> <b>E-Comment-</b> Provide your input through E-Comment, an opportunity for seniors to record general comments about Board of Supervisors agenda items. <b>Every Thursday at 10:30 a.m.</b> at the Senior Center at Cascades.           </div> <div>  <b>Mimi's Haircuts for Women –Wednesday, September 14 at 10:00 a.m.</b> Please sign up in the office!           </div> <div> <b><u>FRIENDS OF THE SENIOR CENTER AT CASCADES</u></b>  <b>September 30, 2015</b>  <b>1:30 p.m.</b>  <b><u>ADVISORY BOARD</u></b>  <b>September 10, 2015</b>  <b>10:00 a.m.—2:00 p.m.</b>  <b>Annual Board Retreat (off-site)</b> </div>	



*The Loudoun County Department of Parks, Recreation and Community Services (PRCS) is committed to complying with the Americans with Disabilities Act (ADA).*

*If you need accommodations in order to participate in PRCS activities, please contact the program/location manager (or PRCS administrative office at 703-777-0343) two weeks prior to the start of the activity.*

**\*Activities at the Senior Center are subject to change.**

**\*Please call ahead to confirm an activity or event that you would like to attend.**